

Garlic & Herb Green Beans

Prep: 10 minutes

Cook: 15 minutes

Ingredients:

- 1 lb. green beans, trimmed (fresh or frozen will work)
- 2 tbsp. light whipped butter or light buttery spread
- 1 tbsp. chopped garlic
- 1 tsp. finely chopped fresh thyme
- 1 tsp. lemon juice
- ¼ tsp. each salt and pepper



Directions:

1. Bring an extra-large skillet sprayed with nonstick spray to medium heat. Add green beans and 1/4 cup water. Cover and cook for 8 minutes, or until green beans have mostly softened and water has evaporated.
2. Add butter, salt, and pepper. Cook and stir for 4 minutes.
3. Add garlic, thyme, and lemon juice. Cook and stir until green beans are tender, entire dish is hot, and garlic is fragrant, about 3 minutes.

MAKES 4 SERVINGS

Nutrition Information: (Per Serving)

1/4th of recipe (about 1 cup):

- 65 Calories
- 3 g Fat
- 9 g Carbohydrate
- 2 g Protein